

## East Central District Health Department Summary

Counties	Average age	Education		Race / Ethnicity		
Boone, Colfax, Nance and Platte	36.8 years	H.S Grad / GED or Higher	81.9%	White,non-Hispanic	89.5%	(46,878)
<b>Total population</b>	<b>Median income</b>	College Grad	15.1%	Minority	10.5%	(5,522)
52,400	\$37,344					

Source: 2000 U.S. Census

### Summary of Significant Differences (Compared to Nebraska)

- In the East Central District, two rates for the overall population were significantly worse than Nebraska rates. A greater proportion of the adults in this District were without health insurance. A smaller proportion of respondents reported that their child “always” or “nearly always” wore a bicycle helmet when riding a bike.
- A significantly smaller proportion of East Central District women had elevated cholesterol levels, compared to women statewide. Women in this District averaged fewer times per week when they ate at restaurants or fast food shops. However, women in this District were significantly less likely than Nebraska women overall to identify heart disease as the leading cause of death for women.
- Men in the East Central District were significantly less likely than men statewide to be certified to perform cardiopulmonary resuscitation (CPR) during the past year.

### Health-Related Quality of Life

- Among East Central District adults, 13.6% considered their general health “fair” or “poor.”
- East Central District adults reported an average of 3.6 days in the past month when their physical health was “not good,” and 3.0 days when their mental health was “not good.”
- Poor physical or mental health prevented East Central District adults from participating in their usual activities an average of 3.2 days in the past 30 days.

### Health Care Access

- More than one-fourth of East Central District residents aged 18 to 64 years (26.3%) reported having no health care coverage—a significantly greater proportion than the statewide rate.
- One in six East Central District adults (16.6%) did not have a personal doctor or health care provider. Men in this District (26.6%) were significantly more likely than women (7.0%) to report not having a personal doctor.
- Due to the potential cost of medical care, 13.3% of adults in the District, at some time in the past year, were unable to see a doctor when they needed care.
- Two-thirds of the adults in the District (66.1%) reported visiting a doctor for a routine checkup within the past year. Women in the East Central District (81.3%) were significantly more likely than men (50.8%) to have had a routine checkup in the last twelve months.
- The average distance from respondents’ homes to the closest emergency room (ER) was 8.2 miles in the East Central District. The average distance to the ER at which respondents preferred to receive care was greater (12.7 miles).
- Slightly less than one-half of East Central District adults (47.2%) reported no problems or barriers to getting medical care, other than cost.
- Among East Central District residents who reported a problem getting medical care (other than cost), not having insurance (21.7%), work (21.0%), and long waits (14.0%) were mentioned most frequently.
- East Central District residents most often cited a doctor (37.3%) as their primary source of information on health issues or illness. Family or friends (19.6%) and the newspaper (12.7%) were also mentioned frequently. Men were somewhat more likely than women to use the Internet, while women were more likely to turn to the newspaper for information.

### Cardiovascular Disease

- Among East Central District adults, 7.4% had ever been told they had a heart attack or stroke or that they have coronary heart disease.

- One-fourth of adults in this District (25.4%) had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in the East Central District were nearly twice as likely to identify cardiovascular disease (79.7%) as they were to identify stroke (40.8%) as something untreated high blood pressure can lead to. Women in this District (50.8%) were significantly more likely than men (30.7%) to identify stroke as a possible result of untreated hypertension.
- The majority of East Central District respondents (68.4%) had their cholesterol level checked during the last five years.
- Among District respondents who ever had their blood cholesterol level checked, 36.2% had been told it was high. The prevalence of high blood cholesterol among women in this District (32.0%) was significantly lower than the Nebraska rate for women.
- During the past year, one of every ten East Central District adults (9.9%) were certified to perform CPR. The proportion of men in this District who were CPR-certified (3.4%) was significantly lower than the Nebraska rate for men and significantly lower than the proportion of women in the District (16.3%).

### **Diabetes**

- Among East Central District residents, 8.2% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

### **Cancer Prevention**

- Two-thirds of East Central District women aged 40 or older (67.5%) reported having a mammogram in the past two years.
- Only 22.3% of adults aged 50 or older in this District had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in the East Central District (52.4%) reported ever having a colonoscopy or sigmoidoscopy.

### **Asthma**

- One in seven East Central District adults (14.4%) had ever been told they had asthma, while 10.5% currently have this disease.

### **Overweight and Obesity**

- Among East Central District adults, 63.0% reported heights and weights that placed them in the "overweight or obese" category (Body Mass Index = 25 or higher). Those with a Body Mass Index of 30 or higher were classified as "obese"—24.3% in this District.

### **Tobacco Use**

- Of the adults in this District, 17.9% stated that they currently smoke cigarettes, either daily or on some days of the month.
- More than one-fifth of adults in this District (22.3%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke).
- Among current smokers in the East Central District, 45.4% reported trying to quit smoking during the past year.
- Seven out of ten adults in this District (69.7%) said they have rules prohibiting smoking anywhere in their homes. Among adults who work indoors most of the time, 80.5% stated that their workplace's official smoking policy does not allow smoking in any work areas.

### **Physical Activity and Sedentary Behaviors**

- One-fourth of adults in the East Central District (25.9%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- On the other hand, 52.8% of District respondents reported participating in physical activities that met the criteria for "moderate" or "vigorous" physical activity.
- Four out of ten East Central District adults (40.2%) reported "excessive electronic sedentary behavior"; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for three or more hours during an average day.

## **Nutrition**

- One-fourth of East Central District respondents (25.3%) consumed fruits and vegetables the recommended five or more times per day. Women in the District (33.9%) were significantly more likely than men (16.6%) to report consuming these foods five or more times daily.
- Four out of ten East Central District adults (39.8%) were knowledgeable about what “Five-a-Day” means, with women (51.1%) significantly more likely than men (28.4%) to know what this phrase means.
- One-fifth of the respondents (20.7%) reported consuming dairy products three or more times daily.
- On average, East Central District adults ate food from restaurants or fast food shops 1.8 times per week. Women in the District reported a significantly lower number of times per week (1.5) when they ate out than women statewide.
- Nearly one-third of respondents (31.9%) rated foods at community events in the East Central District as “always” or “almost always” healthy. However, the majority of respondents (61.7%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.”
- Only about one-fourth of respondents (26.7%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

## **Alcohol Consumption**

- In the East Central District, 49.7% of adults reported consuming at least one drink of alcohol in the past 30 days.

## **Injury**

- Thirteen percent (13.0%) of all adults in the East Central District said they had fallen in the past three months. Of those who had fallen, 28.0% were injured by the fall.
- The majority of East Central District respondents (81.6%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car.
- Women in this District (91.1%) were significantly more likely than men (72.0%) to report always or nearly always wearing their seatbelts.
- Looking at households with a child aged 5 to 15 who rode a bicycle, only 23.1% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding a bicycle. This proportion is significantly lower than the rate for Nebraska.

## **Immunization**

- Among East Central District residents aged 18 and older, 30.4% got a flu vaccination during the past year. Women in the District (39.4%) were significantly more likely than men (21.4%) to have received a flu shot in the last twelve months.

## **Oral Health**

- Two-thirds of East Central District adults (67.0%) saw a dentist or visited a dental clinic in the past year.

## **Women’s Perceptions of Health Threats and Causes of Death**

- Nearly four out of ten women in the East Central District (39.1%) identified cancer as the leading health problem facing women today.
- Only 17.3% of women in the District consider heart disease or heart attack the leading health problem facing women today. Less than one-half (45.9%) identified heart disease/attack as the leading cause of death for all women. This proportion was significantly lower than the rate for Nebraska women overall.

## **Social Context**

- Few East Central District adults (7.1%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 13.5% of the adults in this District reported it is “somewhat” or “very unsafe.”

## East Central District Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	
<b>Health Related Quality of Life</b>										
1. General health was 'fair' or 'poor'	446	13.6%	Non-Sig	151	11.1%	Non-Sig	295	16.1%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	436	3.6	Non-Sig	149	3.2	Non-Sig	287	4.0	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	438	3.0	Non-Sig	151	2.5	Non-Sig	287	3.5	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	218	3.2	Non-Sig	71	3.2	Non-Sig	147	3.2	Non-Sig	No
<b>Health Care Access</b>										
1. No health care coverage among adults 18-64 years old	292	26.3%	Higher	102	29.3%	Non-Sig	190	23.0%	Non-Sig	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	442	16.6%	Non-Sig	147	26.6%	Non-Sig	295	7.0%	Non-Sig	Yes
3. Needed to see a doctor in past year but could not because of cost	445	13.3%	Non-Sig	151	10.7%	Non-Sig	294	16.0%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	436	66.1%	Non-Sig	147	50.8%	Non-Sig	289	81.3%	Non-Sig	Yes
5. Average distance in miles from home to the ER closest to home	443	8.2	Non-Sig	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	433	12.7	Non-Sig	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	442	47.2%	Non-Sig	149	46.2%	Non-Sig	293	48.1%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	195	1) No Insurance (21.7%)		2) Work (21.0%)		3) Long Wait (14.0%)		(Other= 18.0%)	
	Men	67	1) No Insurance (24.1%)		2) Long Wait (17.6%)		3) Work (15.6%)		(Other= 21.5%)	
	Women	128	1) Work (26.6%)		2) No Insurance (19.3%)		3) Long Wait (10.3%)		(Other= 14.5%)	
9. Primary source for getting information on health issues or illness										
	Overall	426	1) Doctor (37.3%)		2) Family/Friends (19.6%)		3) Newspaper (12.7%)		(Other= 3.8%)	
	Men	142	1) Doctor (34.6%)		2) The Internet (22.9%)		3) TV (14.4%)		(Other= 3.9%)	
	Women	284	1) Doctor (40.1%)		2) Family/Friends (16.4%)		3) Newspaper (15.2%)		(Other= 3.8%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	441	7.4%	Non-Sig	149	8.9%	Non-Sig	292	5.9%	Non-Sig	No
2. Ever told blood pressure was high	447	25.4%	Non-Sig	151	23.0%	Non-Sig	296	27.9%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	447	40.8%	Non-Sig	151	30.7%	Non-Sig	296	50.8%	Non-Sig	Yes
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	447	79.7%	Non-Sig	151	76.5%	Non-Sig	296	82.9%	Non-Sig	No
5. Had cholesterol checked during the past five years	433	68.4%	Non-Sig	146	62.4%	Non-Sig	287	74.4%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	352	36.2%	Non-Sig	114	41.3%	Non-Sig	238	32.0%	Lower	No
7. Were CPR certified during the past year	445	9.9%	Non-Sig	151	3.4%	Lower	294	16.3%	Non-Sig	Yes
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	447	8.2%	Non-Sig	151	8.3%	Non-Sig	296	8.1%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	236	67.5%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	262	22.3%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	261	52.4%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	447	14.4%	Non-Sig	151	12.8%	Non-Sig	296	16.1%	Non-Sig	No
2. Currently has asthma	445	10.5%	Non-Sig	150	8.1%	Non-Sig	295	12.8%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	429	63.0%	Non-Sig	150	70.4%	Non-Sig	279	55.1%	Non-Sig	No
2. Obese (BMI 30+)	429	24.3%	Non-Sig	150	26.4%	Non-Sig	279	22.1%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	445	17.9%	Non-Sig	151	18.4%	Non-Sig	294	17.3%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
<b><i>Tobacco Use, cont.</i></b>										
2. Former cigarette smoker	445	22.3%	Non-Sig	151	28.3%	Non-Sig	294	16.3%	Non-Sig	No
3. Current smokers who tried to quit during the past year	78	45.4%	Non-Sig	^	^	---	^	^	---	---
4. Smoking not allowed in home	444	69.7%	Non-Sig	151	68.9%	Non-Sig	293	70.5%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	204	80.5%	Non-Sig	66	75.0%	Non-Sig	138	86.5%	Non-Sig	No
<b><i>Physical Activity and Sedentary Behaviors</i></b>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	444	25.9%	Non-Sig	151	30.5%	Non-Sig	293	21.4%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	399	52.8%	Non-Sig	138	57.0%	Non-Sig	261	48.5%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	434	40.2%	Non-Sig	149	39.0%	Non-Sig	285	41.3%	Non-Sig	No
<b><i>Nutrition</i></b>										
1. Consumed fruits and vegetables five or more times per day	447	25.3%	Non-Sig	151	16.6%	Non-Sig	296	33.9%	Non-Sig	Yes
2. Knowledgeable about what '5 a day' means	446	39.8%	Non-Sig	150	28.4%	Non-Sig	296	51.1%	Non-Sig	Yes
3. Consumed dairy products three or more times per day	447	20.7%	Non-Sig	151	15.5%	Non-Sig	296	25.8%	Non-Sig	No
4. Average number of times per week ate food from restaurants or fast food shops	436	1.8	Non-Sig	149	2.0	Non-Sig	287	1.5	Lower	No
5. Foods at community events were 'always' or 'almost always' healthy	445	31.9%	Non-Sig	151	29.0%	Non-Sig	294	34.8%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	442	61.7%	Non-Sig	148	58.8%	Non-Sig	294	64.7%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	442	26.7%	Non-Sig	148	19.6%	Non-Sig	294	33.8%	Non-Sig	No
<b><i>Alcohol Consumption</i></b>										
1. Consumed at least one drink of alcohol during the past 30 days	445	49.7%	Non-Sig	151	58.3%	Non-Sig	294	41.2%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
<i>Injury</i>										
1. Fell during the past three months	444	13.0%	Non-Sig	149	13.8%	Non-Sig	295	12.3%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	62	28.0%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	446	81.6%	Non-Sig	151	72.0%	Non-Sig	295	91.1%	Non-Sig	Yes
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	92	23.1%	Lower	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	446	30.4%	Non-Sig	151	21.4%	Non-Sig	295	39.4%	Non-Sig	Yes
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	439	67.0%	Non-Sig	148	61.7%	Non-Sig	291	72.2%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	296	39.1%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	296	17.3%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	296	45.9%	Lower	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	444	7.1%	Non-Sig	150	5.9%	Non-Sig	294	8.4%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	444	13.5%	Non-Sig	151	11.4%	Non-Sig	293	15.5%	Non-Sig	No

<sup>a</sup> Non-weighted sample size

<sup>b</sup> Percentage weighted by health district, gender, and age

<sup>c</sup> Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

<sup>^</sup> Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005